1. A protective packaging sheet comprising:

front and rear surfaces, at least one of the surfaces having a repeating pattern therein,

the repeating pattern consisting of shaped protuberances juxtaposed with adjacent shaped protuberances to provide a gap around each shaped protuberance, the shaped protuberances extending from the at least one of the surfaces and being positioned in such a way that all straight lines projected onto said surface of the sheet cut through the shaped protuberances in addition to the gaps.

2. A protective packaging sheet as claimed in claim 1; wherein the protective packaging sheet is embossed to provide the shaped protuberances.

3. A protective packaging sheet as claimed in claim 1 or claim 2, wherein the front and rear surfaces both include a repeating pattern with the rear surface pattern being the inverse of the front surface pattern.

4. A protective packaging sheet as claimed in claim 1 of claim 2, wherein the contact surface area of the front surface is substantially equal to the contact surface area of the rear surface.

5. A protective packaging sheet as claimed in claim 1 or claim 2, wherein the packaging sheet has three levels, the front surface, the rear surface and a middle level between the front and rear surfaces, the middle level comprising a surface of connecting webs connecting adjacent shaped protuberances.

6. A protective packaging sheet as claimed in claim 5, wherein some of the connecting webs extend in a direction lateral to the shaped protuberances and others extend in a direction substantially perpendicular to the lateral direction.

7. A protective packaging sheet as claimed in claim 1 or claim 2, wherein the shaped protuberances are substantially tessellatable.

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8. A protective packaging sheet as claimed in claim 1 or claim 2 wherein the shaped protuberances are "T" shaped in plan.

9. A protective packaging sheet as claimed in claim 1 or claim 2, wherein the packaging sheet is formed from a flat sheet of thermoplastics material wherein the distance between the front and rear surfaces of the packaging sheet is less than or equal to about 5 times the thickness of the thermoplastics sheet from which it is formed.

10. A protective packaging sheet as claimed in claim 1 or claim 2, wherein the gaps between the shaped protuberances are filled with insulating foam.

11. A protective packaging sheet as claimed in claim 1 or claim 2, wherein a thin sheet is laminated to the furthermost projecting sections of either or both of the front and rear surfaces.

12. A protective packaging sheet as claimed in claim 1 or claim 2, wherein the shaped protuberances comprise a top surface protruding from the packaging sheet atop side walls which are rounded, bevelled or sloped relative to a direction perpendicular to the plane of the packaging sheet.

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